



Ielə́m' YMCA Community Centre

September 8th - December 20th

Great Hall Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Table Tennis (19+) 9:00am - 11:00am	Seniors Table Tennis 9:00am - 11:00am	Table Tennis (19+) 9:00am - 11:00am	Seniors Table Tennis 9:00am - 11:00am	Table Tennis (19+) 9:00am - 11:00am	Strength + Conditioning 8:45am - 9:45am	Open Stretching 9:00am - 11:00am
Community Chess Club 11:30am - 1:30pm	Seniors Open Stretching 11:15am - 1:15pm	Community Chess Club 11:30am - 1:30pm	Hatha Yoga 12:00pm - 1:00pm	Community Chess Club 11:30am - 1:30pm	Beginner Mat Pilates 10:00am - 11:00am	Table Tennis - (19+) 11:30am - 1:30pm
Zumba 4:15pm - 5:15pm	Kids Table Tennis 3:00pm - 4:00pm	Kids Table Tennis 3:00pm - 4:00pm	Table Tennis - (19+) 1:30pm - 3:30pm	Kids Table Tennis 3:00pm - 4:00pm	Table Tennis - (19+) 11:30am - 1:30pm	Family Games Room 2:00pm - 4:00pm
Breathwork + Guided Meditation 5:30pm - 6:30pm	Kids Yoga 4:15pm - 5:15pm	Family Games Room 4:15pm - 5:15pm	HIIT 6:45pm - 7:45pm	Muscle Up 4:15pm - 5:15pm	All Ages Chess Club 2:00pm - 4:00pm	Rental 4:15pm - 5:45pm
Vinyasa Yoga 6:45pm - 7:45pm	Flow Yoga 5:30pm - 6:30pm	Persian Dance 6:00pm - 7:00pm	Deep Stretch & Mobility 5:30pm - 6:30pm	Cardio Kickboxing 5:30pm - 6:30pm	Open Stretching 4:15pm - 5:00pm	Rental 4:15pm - 5:45pm